

Can We Talk?

Grade Level	Sixth
Minimum Time Required	45 Minutes
Materials/Resources	"Formula for Future Friendships" Worksheet
Subject Area(s)	Guidance

Project Description:

1. Ask students to describe a time when they really needed to talk to someone about a problem situation but did not do it. Include in the conversation who they wanted to talk with and why it was difficult to speak with the person. Emphasize to the students that they do not need to reveal personal facts.
2. Inform the students that they might feel better about talking to someone about their problems if they have an effective process to start the conversation. Distribute the handout "Formula for Future Friendships" to each student. Explain that by using this formula in discussing a situation, they will be dealing with it in a direct and honest way. By using an "I feel" statement, the student can express their feelings in a positive manner.
3. Ask each student to write a response applying this formula.
4. Divide the class into groups of four. Direct each group to look at the following situations and record a positive "I feel" statement for each and a negative response to the situation.
 - a) Your mother bought you a new pair of jeans without your looking at them first.
 - b) Your sister helped you with a special science project.
5. Bring the group back together to discuss the different responses. Encourage the students to discuss the following questions.
 - a) How can the "I feel" statements help your relationships with friends and family?
 - b) Do you feel you will use the "I feel" statements when you are angry? Why will that help the situation?

Career Development Standard	Skills to interact positively with others.
Career Development Indicator	Demonstrate respect for the feelings and beliefs of others.
Delivery Level	Review
Academic Standards	
Language Arts	2.4.b Write to synthesize, interpret, and use new information. 3.1.b Use various listening techniques in problem-solving and decision-making situations. 4.2.c Use recognized convention/mechanics of language in personal communication.
Employability/SCANS Skills	Basic Skills, Interpersonal Skills
Assessment/Rubric	Students will be evaluated based on class participation and their written work.

FORMULA FOR FUTURE FRIENDSHIPS

When you...(Describe other person's behavior)

I feel... (Express feelings)

Because...(State why you feel like you do, but do not blame the other person)